

BOOK REVIEWS

CALIFORNIA MEDICINE does not review all books sent to it by the publishers. A list of new books received is carried in the Advertising Section.

TEACHING PSYCHOTHERAPY OF PSYCHOTIC PATIENTS—Supervision of Beginning Residents in the "Clinical Approach"—Elvin V. Semrad, M.D. Editor: David Van Buskirk, M.D. Workshop Collaborators: Dan H. Buie, Jr., M.D.; John T. Maltzberger, M.D.; Elvin V. Semrad, M.D.; Julius Silberger, Jr., M.D., and David Van Buskirk, M.D. Grune & Stratton, Inc., 381 Park Avenue South, New York, N.Y. (10016), 1969. 122 pages, \$5.75.

This monograph discusses the processes involved in teaching psychotherapy of psychotic patients to beginning psychiatric residents and provides some guidelines for the supervisor. As Ewalt observes in his introduction, that this is a highly individual process is amply illustrated by the variations in content, writing style and life style of the authors. The monograph is the product of a small working group at the Massachusetts Mental Health Center consisting of Semrad and four younger psychotherapy supervisors. Over a period of four years they gradually evolved working conceptualizations of the supervisory process within the framework of their own major commitment to psychoanalytic training and treatment of psychosis by relatively orthodox psychotherapy.

The first three chapters describe briefly the current psychotherapeutic treatment philosophy at that institution: The resident's primary task during his first year is defined as to learn about treating psychotic patients in psychotherapy and the concomitant theoretical framework that underlies their approach to the psychotic patient is delineated. The psychosis vulnerable person is described in terms of avoidance of affect and involvement with others, ego defects, defenses and breakdown under stress. Psychotherapy is conceptualized as proceeding from restitution of ego function (sustained by the therapist) through maintenance of recompensation and resumption of ordinary life (supported by the therapist) and finally to analysis of the vulnerable ego, a process that takes many years so that supervisory work usually involves only the first two of these stages.

The next three chapters describe psychotherapy supervision from different viewpoints. The beginning psychiatric resident must give up much of the confidence recently earned in the general hospital and accept the status of a beginner in psychotherapy. The skill which forms the cornerstone of psychotherapeutic capacity is empathic understanding; the ability to feel oneself into the patient in order to gain an understanding of what he is experiencing. Helping the resident to develop this is a major part of the supervisor's task. The supervisor is working to structure a situation which will maximize the resident's learning; a supervisory alliance that will help him to come to terms with his rescue fantasies and other areas that interfere with his functioning as a therapist. Psychotherapy is learned, not from books, but by clinical experience and trial and error learning in an apprenticeship (supervisory) relationship. The apprentice learns also by identification with his supervisor, as he experiences the qual-

ities of the supervisor in this relationship. The supervisor uses his empathic understanding to estimate the resident's distress, to discover what defense mechanisms he is using and to select the appropriate supervisory maneuver. The resident's areas of interference and maneuvers of avoidance are discussed and also the techniques by which the supervisor can try to help him not to retreat from the learning situation and by which he can promote learning by identification.

The closing chapter describes the supervisor's own difficulties and problems in the supervisory process—and the personal rewards that make it worthwhile.

Many will perhaps feel that, in this day and age, the social and biological sciences, outpatient and community experience, and research training should play a greater role in the education of the beginning psychiatric resident than that assigned by the authors; and that some part of the identity crisis of the beginning resident is iatrogenic. Even so, the psychotherapeutic management and understanding of the psychotic patient is an important major segment of psychiatric knowledge and skill and its teaching deserves close attention.

In general, this is a well written, thoughtful, readable and sensitive little book that is highly recommended for senior psychiatric residents, and psychiatric instructors who supervise the treatment of psychotic patients. Nursing, social work and psychology supervisors will also find much in the chapters on learning and supervision that is appropriate to supervision in their own particular disciplines, even apart from the treatment of psychosis. I am also inclined to feel that these chapters may strike a responsive chord in those internists and surgeons who teach residents in the context of a close individual preceptor relationship and who avoid the stereotype of the non-psychiatrist as a person who is too preoccupied with laboratory procedures and physical signs to pay attention to the physician-patient relationship.

PHILIP R. A. MAY, M.D.

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CURRENT PSYCHIATRIC THERAPIES — VOL. 9 (1969) — An Annual Publication—Edited by Jules H. Masserman, M.D., Professor and Co-chairman of Psychiatry, Northwestern University, Chicago, Illinois. Grune & Stratton, Inc., 381 Park Avenue South, New York, N.Y. (10016), 1969. 311 pages, \$15.75.

Current Psychiatric Therapies is a collection of 42 short articles—many of them five to seven pages long—on a wide range of topical areas in psychiatry. The major divisions of the book, which suggest the topic areas, are as follows: The child, the adolescent, the adult, somatic therapies, the family, institutional therapies, and community psychiatry.

It is a collection of pilot projects. Each article describes recent work by the author(s) in a given area with a given group of patients. For instance, the first article, "Thera-

peutic Punishment in Severely Disturbed Children," describes the use of cutaneous electric shock as aversive conditioning designed to reduce anti-social and self-destructive behavior in autistic and schizophrenic children; a detailed case study is included. Another article, "Joint Admission of Mothers and Children to a State Hospital," describes the experiences of the authors with such joint admissions in two Massachusetts hospitals; again, there are clinical vignettes.

Both the selection of articles and the quality of writing is good. Each of the articles represents a new imaginative, sometimes-controversial-but-certainly-worth-trying approach to a psychiatric problem. Some of the techniques described here in pilot form will grow and become accepted parts of psychiatric practice in future years; others will fade into oblivion. My crystal ball is off to my astrologers to have its vibrations tuned, so I won't hazard a guess as to which of the articles in *Current Psychiatric Therapies* are truly harbingers of things to come.

I was impressed by the clarity, brevity and crispness of the writing. The book is easy to read. Credit for this must go to the editor, Jules Masserman, whose eye or hand (or both) insured the book's readability. I commend the book to psychiatrists and non-psychiatrists alike who are curious about new directions in the field and who would like to know about interesting pilot projects already in operation.

The price of \$15.75 is clearly excessive, and, since this is the kind of book that frequently finds its way into medical and psychiatric libraries, I suggest those interested borrow it rather than buy it.

C. PETER ROSENBAUM, M.D.

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SURGERY ANNUAL—VOLUME I—1969—Series Editor—Philip Cooper, M.D., Chief, Surgical Service, Veterans Administration Hospital, Bronx, New York; Professor of Clinical Surgery, Mount Sinai School of Medicine of the City University of New York; Clinical Professor of Surgery, Albert Einstein College of Medicine of Yeshiva University, New York. Appleton-Century-Crofts, Division of Meredith Publishing Company, 440 Park Avenue South, New York, N.Y. (10016), 1969. 472 pages, \$16.00.

The 1969 *Surgery Annual* is the initial volume in a projected series of annual reviews devoted to recent advances in surgery and covering newer concepts in the basic sciences as they relate to surgery. The book consists of original articles prepared by authors chosen for their knowledge and personal involvement in the field. As a result, the presentations are perceptive and have a practical orientation which will be welcome to surgeons. The distinguished Editorial Advisory Board includes chairmen of a number of surgical departments of schools of medicine and is an assurance that the high standard of the 1969 issue of this series will be maintained.

There are 25 contributors and 19 separate articles covering a wide range of topics such as physiological monitoring, resuscitation, mechanical ventilation, shock, cerebral edema, transplantation, skeletal scintimetry, arthrography, pathophysiology of peptic ulcer, cancer chemotherapy, antibiotics, trauma, amputation prosthetics, cardiac surgery and hypophysectomy. The individual chapters usually include concise, discriminating summaries of current literature. Newer developments of clinical significance are described and there is a list of references accompanying each chapter.

This book will be a useful addition to institutional and personal libraries. It will serve as a convenient reference on specific subjects, and it can be especially recommended to the practicing surgeon for cover-to-cover reading as an aid in keeping abreast of his fast-moving field. For example, monitoring, assisted ventilation, resuscitation and

shock are well discussed and represent problems of daily concern in surgery. On the other hand, such subjects as organ transplantation and cardiac assistors, while highly specialized, are no longer esoteric but deserve to be followed closely by those who wish to be fully informed on surgical progress.

There are already several serial publications in surgery in the English language generally similar to the *Surgery Annual*, but the range of matters to be covered is so great that the serials field in surgery is not yet overcrowded. Textbooks and monographs, due to their special orientation and publication lag, obviously do not fill the existing need for authoritative and up-to-date critiques of the many new concepts and procedures as discussed in multiple current journals and under development in medical centers. Serials can fill this need and will do so most effectively when a select few have in due course established a tradition of in-depth and authoritative coverage of topics which warrant this particular approach. The rationale for the serials format is diminished to the extent to which it is used to publish scientific or review articles of narrow scope and interest more appropriately and expeditiously published in monthly periodicals.

JOHN L. WILSON, M.D.

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RADIOACTIVE ISOTOPES IN THE LOCALIZATION OF TUMOURS—The Proceedings of The International Nuclear Medicine Symposium Arranged by The Institute of Cancer Research: Royal Cancer Hospital and Held at The Imperial College of Science and Technology, London, in September, 1967—Edited by V. R. McCready, D. M. Taylor, N. G. Trott, C. B. Cameron, E. O. Field, Rosemary J. French, R. P. Parker. Grune & Stratton, Inc., 381 Park Avenue South, New York, N.Y. (10016), 1969. 180 pages, \$11.75.

Radioactive Isotopes in the Localization of Tumours is a photo-offset printed proceedings of a symposium held in London in 1967. The title is somewhat of a misnomer since less than 40 percent of the book concerns radioisotope localization of tumors per se. Review of instrumentation used in radioisotope imaging comprises almost 40 percent of the text. There is considerable discussion of rectilinear scanning, as was current in 1967. Relatively little attention was given to stationary detector devices, particularly the Anger scintillation camera, which has since developed to be the most significant of the newer imaging systems.

Multiple authorship and "rapporteur" summarization of topics has not led to uniform readability. General organization of the book is also loose with frequent changes of topic on a chapter to chapter basis. The first chapter, a review lecture on "principles of scanning and current physical problems" was particularly difficult to read with comprehension, even for one with some knowledge of image resolution characterization.

Despite these general criticisms, there are informative discussions of radiopharmaceuticals and methods for tumor localization, some of which present information which should be more generally appreciated, but which unfortunately have been largely overlooked in the development and application of nuclear medicine procedures for tumor localization. Some specific examples of this would include Chapter 16 "Radiopharmaceuticals for Tumour Localization—Rapporteur Report," Chapter 30 "Lymph Node Scanning—Rapporteur Report," and Chapter 35 "Radioisotope Scanning in Lung Cancer." Several other interesting experimental accounts are included.

It is unfortunate that symposium proceedings are delayed to this extent in their publication. In 1967, this symposium would have been of considerably greater interest than at the time of its publication.

MALCOLM R. POWELL, M.D.